

Your Journey with Lower Limb Ischemia



For more information scan this QR code or go to myhealth.alberta.ca/lower-limb-ischemia-pathway

Lower limb ischemia occurs when blood vessels in your leg(s) get restricted or blocked which causes pain, often with activity. This restriction in blood-flow can also affect how quickly your body can heal things like skin ulcers or wounds. You are the most important part of your healthcare team. This guide will help you to know what to expect as you work with your healthcare team to manage and treat lower limb ischemia. If you have any questions along the way, please ask your healthcare team.

Before your appointment

- Write down how you feel, and your questions, symptoms and concerns.
- Consider bringing a family member or friend to support you.



Visit your healthcare provider

- Share all of your symptoms and concerns. Your health includes physical, emotional, spiritual, financial, and social elements.
- In order to better manage your health condition, your healthcare provider needs to hear from you and understand who you are and what matters to you.



Get your tests

Your tests may include:

- Bloodwork
- Ankle-Foot Brachial Index (compares blood pressure in your arms to your legs)
- Doppler ultrasound (used to check blood-flow in your blood vessels)
- Toe pressure (a measurement of blood pressure in your big toe)



Review your test results

- Find your test results on My Health Records or My AHS Connect (myhealth.alberta.ca/myhealthrecords) or ask your healthcare provider to print them off for you.
- Talk with your healthcare provider so you know what your test results mean.



Review your treatment & management options

- Your health care provider will help you with medication, as well as with lifestyle and diet modifications that focus on the health of your heart and blood vessels.
- Your health care provider will also coach you on what signs & symptoms to watch for so you know when you need to access medical care.
- Decide with your healthcare provider what will work best for you.
- Your healthcare provider may need advice from a specialist or may suggest you see another doctor (referral).
- Remember, there can be a lot of information to take in, ask questions and make sure you are voicing your wishes on how you want your care managed.



Talk with your healthcare provider about a referral

- You may need a referral based on your specific needs.
- Ask who you are being sent to and what they do.
- Ask how long it will take to be seen and what you should do if you don't hear back.



Start your treatment & watch your symptoms

- Take an active role in your treatment.
- Write down any new symptoms.



Keep taking care of yourself

- Keep taking care of your overall health (remember whole-person health).
- Look at other resources or supports that may help you.



Whole-person health

Important Tips:

Need a family doctor?

www.ahs.ca/findadoctor

Need health advice?

Call Health Link at 811

Need to find programs and services in your community?

Call 211 or visit ab.211.ca